



4th World Conference on Psychology, Counselling and Guidance WPCPG-2013

## The Students' Mental Health Status

Yaghoob Nami <sup>a\*</sup>, Mohammad Saleh Nami <sup>b</sup>, Khalil Allah Eishani <sup>c</sup><sup>a</sup>MA in Educational Research, Kalaleh Branch, Payamnoor University, Golestan, Iran<sup>b</sup>MA in Exceptional Children Psychology, Kalaleh Branch, Payamnoor University, Golestan, Iran<sup>c</sup>MA in Educational psychology, Education Kalaleh, Golestan, Iran

---

### Abstract

Definition of mental health is some people have a "stable social network" integrated, Adler (1870) and many sociologists have adopted this definition. Goldstein mentioned that mental health staff and the environment to achieve a balance between self knows (Kaplan and Sadook). mental health status of psychological maturation takes The maximum effectiveness and satisfaction gained from personal and social interaction, including feelings positive attitudes towards themselves and others (Chahn; 1991). Mental Health Education of university students is the basis for cultivating talents with overall qualities and a historic task of higher education. This paper explains the concept of mental health and the significance of promoting of the university students, analyzes the current status of psychological problems, and explores the measures taken to promote the mental health of the university students. The sample of this study was 289 students (133 girls and 156 boys) and randomly selected. General Health Questionnaire (GHQ28) was performed on the results obtained with the use of descriptive and inferential statistics (T) were analysed. Results showed that %37.37 of the students is suspected of having mental disorders.

© 2013 The Authors. Published by Elsevier Ltd. Open access under [CC BY-NC-ND license](http://creativecommons.org/licenses/by-nc-nd/3.0/).

Selection and peer-review under responsibility of Academic World Education and Research Center.

*Keywords:* mental, health, student:

---

### 1. Introduction

In recent years, health problems, particularly mental health of students is so interested. College is an important setting in which to evaluate and address mental health. Most mental disorders have first onset by young adulthood (Kessler et al., 2005b), and approximately half of young adults attend post-secondary education (US Department of Education, 2007). Thus, preventing, detecting, and treating mental disorders among college students are promising avenues for addressing population burden of early-onset mental disorders. Moreover, doing so may have broad benefits given the significant impact these disorders have on educational, economic, and social outcomes (Andrews et al., 2006; Andrews and Wilding, 2004; Berndt et al., 2000; Kessler et al., 2001; Kessler et al., 1995; Mowbray et al., 2006) Zivin 2009. Mental health is clearly linked to retention and academic performance (Backels & Wheeler, 2001). Academic advisors find that mental health issues interfere with student success more than ever before. Young (2004) brought these issues to light in *The Chronicle of Higher Education* article, 'Prozac Campus.' Today several

---

\* Corresponding name: Yaghoob Nami. Tel.: +98-911-272-5023

E-mail address: [ynami1354@gmail.com](mailto:ynami1354@gmail.com)

excellent resources are available to advisors who want to be informed and capable to assist the students who struggle with these problems.

Today, faculty and staff members note that complex and even clinical issues are more prevalent among the students they teach and advise. Kadison & DiGeronimo (2004), in the recent book *College of the Overwhelmed: The Campus Mental Health Crisis and What to Do about It*, confirm that a rising number of students are coping with depression, anxiety, and other major mental health challenges.

Broadly speaking, mental health refers to the efficient, satisfactory and sustainable state of mind. In this state, people can make a good response, have vitality and fully demonstrate inner potentials. In a narrow sense, mental health is a basic human psychological process of content integrity and coherence. That is to say, the cognition, feelings, will, personality and behavior can integrate and coordinate one another to agree with the society (Hu, 2005). University students belong to a special social group. How to strengthen their mental health education, avoid or eliminate the psychological barriers from different psychological pressures to increase physical and mental health and adapt themselves to the current social environment and development in a positive state of mind, prevent mental disorders and psychosomatic diseases is a problem for all the colleges or universities to concern about. Therefore, it is of great significance to positively develop new ideas of mental health education and explore new ways to solve problems (Wang, 2005, p.123).

Studies show that many students are suffering from depression and anxiety; Level of alcohol consumption among them is concerned, a significant number of them are suffering from an eating disorder and self-harm. Also, reports indicate that depression, substance abuse, eating disorders and learning disabilities, including the most common problems are related to campus sustainability. In a study on a sample population of 15 thousand people was a student in one of America's universities, the following results have been obtained: 1,500 people, a third of them were suffering from anxiety disorders and depression, 750 of whom had severe clinical depression; 450 people had eating disorders, 135 of whom were suffering from some form of psychosis, and 16 patients had attempted suicide three cases to conclusion (Wang, 2005). One way to stay healthy is education: Training in the health, building relationships with community groups and individuals to promote positive health and eliminate illness by influencing and changing people's attitudes and beliefs, and behavior of officials (Wang, 2005). According to what was said by students to identify vulnerable and prone to mental disorders and mental health and counseling services on campus, Can promote health and prevent wasting the university and community activist, youth and community work was. This study sought to determine the health status of the students and how much they have and what kind of mental disorder is.

Mental health is usually defined into three general form: first, which means self-definition by Freud (1856), McDougall 2 (1871), George Berkeley, 3 (1685), and many of you have accepted. The second definition of self-actualization and self-realization, that is, the actual capabilities inherent psychological and emotional changes can be built using a. Young 5 (1875), Allport 6 (1897), and people like Maslow Grayany 7 (1908), have adopted this view. The third definition of mental health is that some people have a "stable social network" is integrated, Adler 8 (1870), and many sociologists have adopted this definition.

Behavioral theory is based on the definition of mental health survivors compromise the environment underscores the belief that behavior, like other behaviors undetected compromise of strength, it is learned. Thus, mental health, including behavior that is adapted to be learned (Ganji, 1996).

Environmental review will form the basis of the theory of psychiatric mental health researcher knows when the tissues and organs of the body healthy and perfect their functions. Any disorder of the nervous system and the body's chemical processes, the mentally ill will (Ganji, 1996).

Analysts believe that the psychological theory of mental health and sense of rhythmic interaction between the three fundamental bases of personality (the 1, I-2 and Framn 3) and mental health will be achieved if the "I" to the conflict "institutions "and" Framn "to balance. Mental health needs specific to Freud for the first feature, self-awareness.

Whatever it may be difficult to be conscious of being unconscious: Conscious element of psychological health. It is not enough for psychological health and mental health characteristics of the final criterion of reasonable alienation of interest in Freud and a passion to be public. Freud is one of the common human psychological developments - gender is lived successfully. And in none of the steps is not too much consolidation. Freud's view of human under normal counts and every person in one way or another is common Kord T & Mohammady Far (2009).

Adler's theory of individual psychology: mental health means having goals in life, having a solid philosophy for living, family and social relationships, optimal and sustainable benefit for fellows, courage, decisiveness, having control over emotions, goal the final realization of accomplishment and self-acceptance problems and try to solve possible errors Kord T & Mohammady Far(2009).

Psychosocial Theory - Erikson: his theories of the unconscious, as Freud emphasized that the Ericsson believe in this great age. Mental health related an issue associated with I that describes the variations of the "I" is defined.

In general, associated with mental health Ericsson believes that there are certain traits and psychological health of a person who lacks these elements distinguishes. Ericsson is the meaning of this characters the community. Based on the personal lives and in the community with mental health manner that is free from conflicts of remarkable talent and ability to use. He is the master and teacher, have unlimited creative moments of his career and eventually get feedback about the spiritual process of life and understanding of the theory have Kord T & Mohammady Far (2009).

Human oriented theory holds that mental health means to satisfy basic needs and self-actualization stage. Anything that satisfies the needs of the individual at low levels keeps flourishing and prevents him, will lead to behavioral disorders (Wang, 2005).

According to Rogers, the mental health and experience more freedom and more choice makes sense. Rogers's unlimited supply of healthy human thought and action Kord T & Mohammady Far (2009).

Kurt Levin's field theory: the differentiation and differentiation proceeds health and psychological integrity of a person and his environment is of psychological and mental strength and stability boundaries of the system is obtained (Wang, 2005).

So healthy psychological point of view, Levine is one who differentiation and distinction between himself and his psychological condition is attached, Kord T & Mohammady Far (2009).

Tavakoli, M., et al (2002) also study the mental health status of medical students to conclude That the overall test scores, no significant differences in marital status, sex and age of the student mental health, there is no. In another study Karami & Pirasteh (2001) in order to assess the mental health of students have come to the conclusion, Zanjan University of Medical Sciences The 4.6 percent of the students felt the sadness and depression, %21.8 of the moderate depression range, and also based on the test results, %62 of students with ADHD in the middle and 4.1 per cent dysfunction, severe and 36.5 percent have moderate anxiety and% 6 of high anxiety and 34.9 percent have moderate physical symptoms, and 3.3 percent have a severe physical symptoms. This study has also shown that between male and female students, single and married, advanced education, parental occupation, there is no significant difference in terms of mental health. Lotfi et al. (2007) also examine the mental health status of martyr Yazd University of Medical Sciences found that% 35.4 of students had high scores on the GHQ 23- 3/31% of male students and %36.3 female students. Significant difference between mental health statuses of students has been accomplished. The correlation between the degree of students ( $0.04 = P$ ) such that  $23 \leq \text{GHQ}$ 's most frequent students of nursing and midwifery (%42.2) and the lowest were health students (%33.4).

Present study investigates this issue and tries to provide answers for the following question with regard to mental health and life satisfaction of students.

## 2. Methodology

### 2.1. Research design

The research method was survey.

#### 2.1.1. Participants

The sample size of J.C Morgan population, 358 patients were evaluated, Which took over the investigation into the loss of this number was reduced to 289 people. Sampling was 289 (133 female, 156 male) students in the Humanities, University of Agriculture and Engineering .

#### 2.1.1.1. Instruments

The tools used in this research was questionnaire questions 1 28 Goldberg Hiller 2 and 3 (GHQ28). GHQ28 questionnaire as a screening test for non-psychotic mental disorders and is a screening tool that can determine a person's mental disorder.

## 3. Results

**Table1.F,T and Standard Deviation of mental heath**

	<b>F</b>	<b>Sig*</b>	<b>t</b>	<b>df</b>	<b>sig(t)</b>	<b>SD</b>
1. Physical signs	8.978	0.03	4.434	278	0.00	2.01725
2. Anxiety	14.025	0.00	3.078	278	0.02	1.65447
3. Insufficient productivity actions	0.472	0.492	-0.816	278	0.415	-0.29174
4. Depression	0.299	0.585	1.661	278	0.098	0.88866

P<0.05

## 4. Discussion

The results of the present study was the high rate of mental disorders among students that is consistent with research conducted in Iran, More girls than boys suffer more symptoms of mental disorders. There can be psychological disorders such factors as: atmosphere, college and decide to take the age of marriage, age and educational decisions for the future - a job, a desire to progress and obstacles, among others. Students to understand problems, identify vulnerable people and psychological disorders to campus early diagnosis, treatment and prevention, counselling, classes on campus more and more active form Future to improve student academic achievement and finally cause the development of society.

Mental health is a specialized field of psychiatry and its objective is to safeguard mental health by preventive measures, controlling factors effective on the development of mental diseases, timely diagnosis of mental diseases,

prevention from complications due to relapse of mental diseases and the providing a healthy environment as a contributory factor on sound human relationship.

## References

- Gangi.M.(1996).Mental health in University. Educational psychology.Tehran.vol51.
- Kara Zivin , (2009).Persistence of mental health problems and needs in a college student population .Journal of Affective Disorders journal homepage: [www.elsevier.com/locate/jad](http://www.elsevier.com/locate/jad)
- Backels,K. & Wheeler I.(2001). Faculty perceptions of mental health issues among college students. *Journal of College Student Development*, 42, 2, 173-176.
- Young, J. R. (November 30, 2004). Prozac campus. *The Chronicle of Higher Education* , p. A37-A38.
- Kadison, R. & DiGeronimo, T.F. (2004). *College of the overwhelmed: The campus mental health crisis and what to do about it* .San Francisco: Jossey-Bass
- Bahman Kord T & Mohammady Far.(2009).Mental Health and Life Satisfaction of Irani and Indian Students. Aligarh Muslim University, Aligarh, U.P. *Journal of the Indian Academy of Applied Psychology*,January 2009, Vol. 35, No.1, 137-141.
- Wang, Chunhua. (2005). Talking about the channels of mental health education of the college students. *Technology Information*, (27):123.